

Brain Integration; It all starts here!

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Wellness is a broad and vague concept because it encompasses everything to do with being well, getting well and staying well. Authorities say it involves mind, body and spirit. It can redefine your thoughts about what we often take for granted.

The media emphasizes improving quality of life with diet, exercise or lifestyle. These physical solutions are needed, however, there are also issues related to mind and spirit that can prevent us from reaching our full potential.

That's where London's Achievement & Learning Centre comes in. It was established to help people achieve their full potential in every aspect of their lives. The centre's founder, Sue Maes, has spent 20 years studying and developing specialized techniques in the holistic health field to empower others as they journey toward their full potential. She's joined by Beth Sutherland who brings 23+ years of successful career and personal experience, and self-empowerment mastery. Maes and Sutherland also coach and empower individuals in the business arena. Their unique approach involves working with business in a way that involves everyone at all levels of an organization to help achieve goals. They say that this approach can help people reach higher levels of success, personally, as a team, or within a corporation.

Maureen Hagon, Vice-president of operations for Good Life Fitness Clubs, admits that she wouldn't be where she is today without self-empowerment sessions, and says she's living proof of the many benefits of consulting with the Achievement and Learning Centre. She says she constantly learns more from the coaches and that knowledge benefits all areas of her life.

One assessment the centre does is to identify the dominant hemisphere (right or left side) of a person's brain. When under stress, 75 per cent of the non-dominant side of the brain shuts down. This presents great pressure for the dominant side and the lack of integration between the two sides can lead to:

- Decreased self-esteem
- Poor memory, listening, concentration
- Poor coordination and organizational skills
- Inability to see things clearly
- Inability to be satisfied
- Poor rapport with others
- Increased or extreme stress
- Inability to let go of negative patterns
- Counter productive behaviors

Typically a right brained dominant thinker will be visual and intuitive, while a left brain dominant thinker will be more logical and detailed oriented. With the integration of the cerebral hemispheres a left-brain dominant individual has the ability to be creative and a right-brained dominant individual has the ability to be logical.

Assessing the brain dominance is one of the many ways to start the process of integrating the whole being to wellness.